

# Walk to Health 2015 Sponsors

## Week 4 - Maximum Heart Rates

Thirty minutes of moderate physical activity is recommended five times a week by the Centers for Disease Control & Prevention (CDC). Maximum heart rate is based on a person's age according to the CDC. An estimate of a person's maximum age-related heart rate can be obtained by subtracting the person's age from 220.

As an example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as  $220 - 50 \text{ years} = 170 \text{ beats per minute (bpm)}$ .

For moderate-intensity physical activity, a person's target heart rate should be 50 to 70% of their maximum heart rate. (using our example)

**50% level:  $170 \times .50 = 85 \text{ bpm}$     70% level:  $170 \times .70 = 119 \text{ bpm}$**

For vigorous-intensity physical activity a person's target



Co-Sponsor

